

Gokyo Kata and the 80 Throws: Overview and Instructions

Gokyo no Waza refers to the classic set of 40 fundamental judo throws organized by the Kodokan into five groups of eight, known as the *Gokyo* ("Five Teachings"). This system is central to structured judo learning, progressing from simpler to more complex techniques^[1]. Over time, the official Kodokan syllabus expanded to include 67 throws, and with additional variations, practitioners sometimes refer to "the 80 throws" in modern judo.

Structure of Gokyo no Waza

- **Gokyo:** Five sets, each containing 8 throws (totaling 40 original throws).
- **Expanded Syllabus:** Now includes 67 official Kodokan throws, with further variations sometimes totaling up to 80.

How to Do the Gokyo Throws

Each throw in the Gokyo is performed with a partner (Uke) and involves specific grips, off-balancing (*kuzushi*), entry (*tsukuri*), and execution (*kake*). The throws progress in complexity, and learning is typically structured as follows^{[1] [2]}:

1. **Start with proper etiquette:** Bow (*rei*) to the mat and your partner.
2. **Assume starting positions:** Both partners stand facing each other in a natural stance.
3. **Engage in grip fighting:** Secure the standard judo grip (one hand on the collar, one on the sleeve).
4. **Off-balance your partner (Kuzushi):** Use movement and pulling/pushing to disrupt Uke's balance.
5. **Enter the throw (Tsukuri):** Step or turn into the correct position for the throw.
6. **Execute the throw (Kake):** Complete the technique, projecting Uke safely to the mat.
7. **Follow through and control:** Maintain control after the throw, ready to transition to a hold or pin if needed.

Note: Each throw has its own specific mechanics and safety considerations. Practitioners should learn under qualified supervision, especially when practicing falls (*ukemi*) to prevent injury^[2].

Women's Self-Defense and Kata

Joshi Goshinho (Women's Self-Defense Kata)

The Kodokan developed a specific kata called *Joshi Goshinho* ("Self-Defense Methods for Women") in the 1940s, designed to address common attacks women might face. This kata includes techniques for escaping grabs, chokes, and holds, emphasizing practical self-defense over formal throwing^[3].

- **Content:** Techniques include wrist releases, escapes from rear grabs, defenses against strikes, and counters to chokes.
- **Philosophy:** The kata is structured to empower women with effective, efficient responses to realistic threats, using leverage and timing rather than strength.

General Women's Self-Defense Principles

- **Target Vulnerable Areas:** Eyes, throat, groin, and knees are common targets for self-defense^[4].
- **Simple, Effective Techniques:** Focus on easy-to-learn moves such as wrist escapes, low kicks, and using elbows.
- **Mindset:** In self-defense, determination and willingness to fight back are as important as technique^[5].
- **Practice:** Regular practice with a partner helps build confidence and effectiveness.

Example Self-Defense Techniques for Women

- **Wrist Release:** Rotate your wrist toward the attacker's thumb to break free from a grab^[4].
- **Groin Kick:** A quick, forceful kick to the groin can incapacitate an attacker.
- **Escape from Rear Grab:** Drop your weight and use your elbows to strike backwards.
- **Choke Defense:** Tuck your chin, turn into the attack, and use your hands to pry at the attacker's thumbs^[4].

Summary Table: Gokyo Kata vs. Women's Self-Defense Kata

Aspect	Gokyo no Waza (Judo)	Joshi Goshinho (Women's Self-Defense)
Focus	Throws, judo fundamentals	Practical self-defense for women
Number of Techniques	40 (original), up to 80 (modern)	15–20 (varies by school)
Training Style	Formal, progressive kata	Scenario-based, practical
Key Elements	Balance, grip, throwing skills	Escapes, strikes, leverage
Target Audience	All judo practitioners	Women (original intent), open to all

Conclusion

- **Gokyo no Waza** provides a structured progression of judo throws, forming the technical foundation for judoka^[1].
- **Joshi Goshinho** and general self-defense principles equip women with practical skills for real-world situations, emphasizing simplicity, effectiveness, and mindset^{[3] [5] [4]}.
- Both systems prioritize safety, control, and respect for training partners.

For detailed, step-by-step instruction, seek guidance from a qualified judo or self-defense instructor, as proper technique and safety are best learned in person.



Gokyo Waza: The 80 Throws of Judo

The term **Gokyo no Waza** refers to the five groups of classic Kodokan judo throws, originally comprising 40 techniques. Over time, the official syllabus expanded to 67 recognized throws, and with additional variations and reinstated techniques, the list often referenced as "the 80 throws" includes both the original Gokyo and these additions^{[6] [7]}.

Below are the names of the throws, grouped as per the Gokyo system and including the most commonly recognized additional throws. For detailed instructions on how to perform each, see the summary and key principles following the list.

Gokyo no Waza (The Five Sets of Kodokan Throws)

Dai Ikkyo (First Group)

- De-ashi-harai (Advanced foot sweep)
- Hiza-guruma (Knee wheel)
- Sasae-tsurikomi-ashi (Propping drawing ankle throw)
- Uki-goshi (Floating hip)
- Osoto-gari (Large outer reap)
- O-goshi (Major hip throw)
- Uchi-gari (Major inner reap)
- Seoi-nage (Shoulder throw)^{[6] [8]}

Dai Nikyo (Second Group)

- Kosoto-gari (Small outer reap)
- Kouchi-gari (Small inner reap)
- Koshi-guruma (Hip wheel)
- Tsurikomi-goshi (Lifting pulling hip throw)

- Okuri-ashi-harai (Sliding foot sweep)
- Tai-otoshi (Body drop)
- Harai-goshi (Sweeping hip throw)
- Uchi-mata (Inner thigh throw) [\[6\]](#) [\[8\]](#)

Dai Sankyo (Third Group)

- Kosoto-gake (Small outer hook)
- Tsurigoshi (Lifting hip throw)
- Yoko-otoshi (Side drop)
- Ashi-guruma (Leg wheel)
- Hane-goshi (Spring hip throw)
- Harai-tsurikomi-ashi (Lifting pulling foot sweep)
- Tomoe-nage (Circle throw)
- Kata-guruma (Shoulder wheel) [\[6\]](#) [\[8\]](#)

Dai Yonkyo (Fourth Group)

- Sumi-gaeshi (Corner reversal)
- Tani-otoshi (Valley drop)
- Hane-makikomi (Spring wraparound)
- Sukui-nage (Scoop throw)
- Utsuri-goshi (Hip shift throw)
- O-guruma (Large wheel)
- Soto-makikomi (Outer wraparound)
- Uki-otoshi (Floating drop) [\[6\]](#) [\[8\]](#)

Dai Gokyo (Fifth Group)

- Osoto-guruma (Large outer wheel)
- Uki-waza (Floating technique)
- Yoko-wakare (Side separation)
- Yoko-guruma (Side wheel)
- Ushiro-goshi (Rear hip throw)
- Ura-nage (Rear throw)
- Sumi-otoshi (Corner drop)
- Yoko-gake (Side hook) [\[6\]](#) [\[8\]](#)

Additional Throws (Post-1982, Reinstated and New Techniques)

Some of the most recognized additions include:

- Morote-gari (Two-hand reap)
- Kuchiki-taoshi (Single leg takedown)
- Kibisu-gaeshi (Heel trip reversal)
- Uchi-mata-sukashi (Inner thigh void throw)
- Daki-age (High lift)
- Tsubame-gaeshi (Swallow counter)
- Kouchi-gaeshi (Small inner reap counter)
- Ouchi-gaeshi (Major inner reap counter)
- Osoto-gaeshi (Major outer reap counter)
- Harai-goshi-gaeshi (Sweeping hip counter)
- Uchi-mata-gaeshi (Inner thigh counter)
- Hane-goshi-gaeshi (Spring hip counter)
- Kani-basami (Crab scissors, forbidden in competition)
- Osoto-makikomi (Major outer wraparound)
- Kawazu-gake (One-leg entanglement, forbidden in competition)
- Harai-makikomi (Sweeping wraparound)
- Uchi-mata-makikomi (Inner thigh wraparound)
- Sode-tsurikomi-goshi (Sleeve lifting hip throw)^{[8] [7]}

This list continues with other techniques and variations, making up the "80 throws" referenced in modern judo practice.

How to Do the Throws: Key Principles

While each throw has unique mechanics, all judo throws follow these core steps:

- **Kuzushi (Off-balancing):** Break your opponent's balance in the direction of the throw.
- **Tsukuri (Entry):** Move your body into the correct position for the throw.
- **Kake (Execution):** Complete the throw using your hips, hands, and legs as appropriate for the technique.

Example: Osoto-gari (Major Outer Reap)

1. Grip your opponent's collar and sleeve.
2. Step to the side and slightly behind your opponent.
3. Off-balance them backward.
4. Sweep their leg out from under them with your leg while pulling them down with your hands.

For detailed, step-by-step instructions and video demonstrations of each throw, refer to resources such as JudoInfo and YouTube instructional videos^{[6] [9] [7]}.

Summary Table: Gokyo no Waza (First 40 Throws)

Group	Throws (Japanese Name)
Dai Ikkyo	De-ashi-harai, Hiza-guruma, Sasae-tsurikomi-ashi, Uki-goshi, Osoto-gari, O-goshi, Ouchi-gari, Seoi-nage
Dai Nikyo	Kosoto-gari, Kouchi-gari, Koshi-guruma, Tsurikomi-goshi, Okuri-ashi-harai, Tai-otoshi, Harai-goshi, Uchi-mata
Dai Sankyo	Kosoto-gake, Tsurigoshi, Yoko-otoshi, Ashi-guruma, Hane-goshi, Harai-tsurikomi-ashi, Tomoe-nage, Kata-guruma
Dai Yonkyo	Sumi-gaeshi, Tani-otoshi, Hane-makikomi, Sukui-nage, Utsuri-goshi, O-guruma, Soto-makikomi, Uki-otoshi
Dai Gokyo	Osoto-guruma, Uki-waza, Yoko-wakare, Yoko-guruma, Ushiro-goshi, Ura-nage, Sumi-otoshi, Yoko-gake

For the full list of 67 to 80 throws, including step-by-step instructions and video links, consult JudoInfo and Wikipedia^{[6] [10] [7]}.

Tip: Always practice under qualified supervision to ensure safety and correct technique.



1. https://www.reddit.com/r/judo/comments/f9jstt/the_gokyo_rank_and_structured_learning_in_judo/
2. https://judoinfo.com/wp-content/uploads/2016/07/pdf/nagenokata_standard.pdf
3. https://www.academia.edu/69869139/Kōdōkan_jūdō_s_inauspicious_ninth_kata_the_Joshi_goshinhō_Self_defense_methods_for_women_part_1
4. <https://cpisecurity.com/blog/self-defense-for-women/>
5. <https://www.martialartsbusinessdaily.com/6268/the-awful-truth-about-womens-self-defense/>
6. <https://judoinfo.com/gokyo1/>
7. <https://judoinfo.com/gokyo/>
8. <https://judoencyclopedia.jimdofree.com/gokyo-no-waza/>
9. <https://www.youtube.com/watch?v=LMKgaMdm9UY>
10. https://en.wikipedia.org/wiki/List_of_judo_techniques